



Jim Reynolds, Director/Outreach Coordinator: (978) 468-5529

Monday - Friday 8:00 am - 4:00 pm

WENHAM COUNCIL ON AGING NEWS

WENHAM COA
10 SCHOOL STREET
978-468-5529
COA@WENHAMMA.GOV

DECEMBER 2013

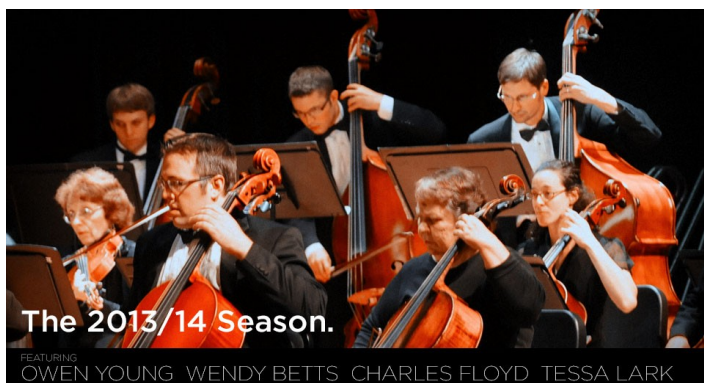
Volume 1, Issue 4

Three Christmas Gifts: A Night of One Acts

Christmas Calories by Merrill Denison
The Burglar's Christmas by Willa Cather
The Gift of the Magi by O. Henry
Adapted by Jonathan Dixon

December 13, 14, 15, 20, 21, 22
\$12 - Adults
\$10 Students/Seniors

—TO RESERVE TICKETS CALL 978.500.3885. DANE STREET CHURCH, 10 DANE ST, BEVERLY, MA—



Cape Ann Symphony - Dec 1st @ 2 pm at Manch Essex HS \$30

Featuring the world premiere of a holiday composition written by composer Robert Bradshaw. This concert also features the return of the fantastic Cape Ann Symphony Singers under the direction of Wendy Betts.

SHINE

Serving the Health
Information Needs of
Elders

If you have a
Medicare
Prescription Drug
Plan or Medicare
Advantage (HMO,
PPO), you should
be receiving
information from
your plan by the
end of Sept.
Understand and
save this
information or
call.

Call 978-468-
5534

Lucy Frederiksen
for an
appointment.

**Medicare Open
Enrollment**

Oct 15 - Dec 7

Wenham Van Transportation Services

MARKET BASKET EVERY THURSDAY

****Park at the Wenham COA, be green and enjoy the company of your friends****

MYSTERY TRIPS, NORTHSORE MALL & TRADER JOES

Call Dispatch: 978-468-5534

Service hours: Mon - Fri: 8 am - 3:30 pm

24 Hr. Advance Notice Preferred

SeniorCare, Inc. provides direct and indirect funding for outreach and other programs. Donations accepted at all events including transportation. Thank you.

Heap on the wood! - the wind
is chill;
But let it whistle as it will,
We'll keep our Christmas
merry still. [Sir Walter Scott](#)



Health & Wellness, Etc

Call 978-468-5534 when Appointments are required



Beginning in January on Tuesdays at 12:30 - 1:30 PM at the **Wenham Council on Aging** come join yoga teacher Lisa Bukkhegyi RYT, offering **Chair Yoga** classes! Lisa's classes offer movement of the body in a safe and easy way seated and standing using a chair for support and stability. The class will help you gain strength, flexibility and balance with yoga poses and movements that are adapted with creative use of a chair. Attend to tight muscles and joints with a practice that brings ease to the body by moving with the breath, calming the mind and engaging the spirit.

Please call the Wenham COA to express your interest!

(978) 468-5534

Low-Impact Aerobics-Active Elders

call: **Barbara Thompson (978) 887-9192**

Location: HW Legion Hall

Classes: Mon, Weds and Fri (**FREE 1ST Visit**)

- ◆ Step Aerobics 8:30 am - 9:15 am
- ◆ Strength Training 9:15 - 9:50 am
- ◆ Low Impact aerobics 9:50 - 10:15 am

Walking Club

Cost: FREE

Location: Gordon College, Bennett Center

Must *pre-register* for card @ HW Recreation Department (978) 468-2178

WVIS HOLIDAY LUNCH

MON, December 9th, 12pm—2pm

Wenham Tea House

HART HOUSE HOLIDAY LUNCH

TUES, December 17th, 12pm—2pm

Arm Chair Yoga (FREE 1st visit)

Cost: 8 visits for \$40 (\$5 per visit) Drop-in \$8

Mondays 11:00am – 12:00pm - **Ham. COA**

Tuesdays 10:30am – 11:15am - **Enon Village**

Adult Swim Programs

Lap Swimming and Water Exercise

Cost: 20 Visits for \$65 (\$3.25 per visit)

Register through the HW RECREATION (978) 468-2178

Location: Gordon College, Bennett Center

Stretch, Strength & Balance Class

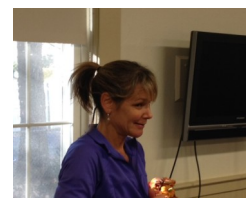
with **Regina Baker**

Thurs, November 5th, 12th and 19th: 12:30pm - 1:30pm

Location: Wenham COA

Reserve space by calling (978) 468-5529

Safe warm-up, all abilities ~ a program built for all.



SHINE Counselor – FREE – Appointment Required

Health Insurance Information/Counseling Mondays at the Wenham COA - Dec 9th and 16th (10am - 12pm) and Dec 23rd (9am-11am) Wenham COA. Home visits avail. Call for an appt: (978) 468-5534

Gentle Joins thru the Arthritis Foundation

Location: Hamilton COA (Linda Greenwall)

Cost: 8 visits for \$40 (\$5 per visit) Drop-in \$8

Fridays in December (10am - 11am)

HW Podiatry – Bring Insurance Card – Appointment Required

Alternating location this month scheduled: Hamilton COA -

Wednesday, Dec 18th, 9:00am – 12 pm

HW Low Vision Support Group - New technology & devices

Hamilton COA Thurs, Dec 19th at 12:30pm (Come early \$3 lunch)

HW Blood Pressure Checks – FREE

Location: Hamilton COA Weds, Nov 13th & 27th - (10am-12pm)

Morning & Evening Prayer

Location: Christ Church of Hamilton & Wenham Chapel, 149 Asbury St., Hamilton. week days, 8:30am & 5:30pm. This is a 1/2 hour, twice daily prayer with Dr. Jack Davis, Professor of Systematic Theology and Ethics at Gordon Conwell Theological Seminary.

Art Class sign up (468-5534) Nov 6th and 27th at 2 PM

Movies The Christmas Shoes Dec 10th and **Trading Places** on 31st at 10 AM

The Christmas Shoes - A young boy tries to get a pair of Christmas shoes for his dying mother, while a lawyer tries to deal with the break-up of his marriage.

Trading Places - Eddie Murphy, Dan Aykroyd, and Jamie Lee Curtis (with her Swedish meatballs) board a New York-bound party train for New Year's in this comedy classic. Bonus: the movie's anti-fat-cat-banker sentiment feels just as relevant today as it was in 1983.

Other December notable activities:

Keep Sharp! Brain Fitness! Fri, Dec 6th 10:30 am. Rebecca Shafir neurotherapist and author of *Zen of Listening* will teach brain fitness techniques at H-W Library.

Christmas in the Village Dec 5 - 8 from 4 - 8pm Come to the Opening Night Stroll. Spend an evening walking and shopping in the Villages of Hamilton & Hamilton and enjoy Holiday Festivities all week long!

Wenham COA will sponsor an OPEN House on Wednesdays from 2-4 PM for anyone interested in learning more about the services of the Council.

Cookie Swap - Sunday, Dec 8th - 2pm - 4pm at the Wenham COA

Explorers Lifelong Learning Institute of Salem State University—For more information and to see a complete catalogue of course offerings visit <http://www.salemstate.edu/explorers> or contact the Wenham COA office.

Fuel Assistance Programs are available between Nov 1 and April 30th of each year. Call Action Inc. (978) 282-1003 or your COA.

Senator Tarr or a representative from his office will be holding Office hours at the Wenham COA on Dec 3rd from 12 - 2pm.

Wenham Council on Aging is looking for help with hospitality for Weds, 2pm and Saturdays, 9am

Wenham Issues of Social Service Help—WISSH Confidential temporary financial and social service assistance. (978) 468-5520 x9

WENHAM COUNCIL ON AGING

DECEMBER 2013 CALENDAR

H: Hamilton Council on Aging
W: Wenham Council on Aging
LH: Lamson Hall

* SIGN UP
(468-5534)

HWL: Hamilton Wenham Library

HWCH: Hamilton Wenham Community House

ENON: Enon Village

HWR: Hamilton Wenham Recreation Dept.

MIM: Meet in the Middle

LEG: Hamilton Legion Hall

Monday	Tuesday	Wednesday	Thursday	Friday
2 Low Impact Aerobics - LEG 8:30 am-10:15 am Arm Chr Yoga - H 11am-12p Knitting - HWL- 12 pm - 2 pm Bridge - W - 6:30 - 8:30 pm	3 Mat Yoga - H (10:30 - 11:15am) Chair Yoga - ENON 10:30 am - 11:15 am	4 OPEN HOUSE 2-3PM Low Impact Aerobics - LEG 8:30 am-10:15 am Bridge - HWL - 10am	5 Stretch, Strength & Balance Regina - W- 12:30 - 1:30pm Christmas in the Village 4pm-8pm	6 BRAIN FITNESS - HWL- 10:30AM Gentle Joints - H 10-11am Low Impact Aerobics - LEG 8:30 am-10:15 am Zumba Gold - 9am- 10am Christmas in the Village 4pm-8pm *cont. Sat & Sun
9 WVIS LUNCH 12-2 Low Impact Aerobics - LEG 8:30 am-10:15 am SHINE - W - 10 am - 12pm Arm Chr Yoga - H 11am-12p Knitting - HWL- 12 pm - 2 pm Bridge - W - 6:30 - 8:30 pm	10 Sen. Tarr Rep - W - 12-2pm Movie - <i>The Christmas Shoe</i> - 10 am Mat Yoga - H (10:30 - 11:15am) Chair Yoga - ENON 10:30 am - 11:15 am	11 OPEN HOUSE 2-3PM Low Impact Aerobics - LEG 8:30 am-10:15 am Blood Pressure Clinic - H - 9 am Bridge - HWL - 10am Art Class - W* - 2pm	12 Market Basket W*10 am Cribbage - HWL - 10am - 12 Walking Time - HWR- 12:30 Stretch, Strength & Balance Regina - W- 12:30-1:30pm	13 Gentle Joints - H 10-11am Low Impact Aerobics - LEG 8:30 am-10:15 am Zumba Gold - 9am- HWR Bingo - ENON - 2:00 pm Bridge - HWL 1:30pm - 4pm
16 Low Impact Aerobics - LEG 8:30 am-10:15 am SHINE - W - 10 am - 12pm Arm Chr Yoga - H 11am- 12p Knitting - HWL 12pm - 2pm	17 HART HOUSE 12 - 2 TRADER JOES - W - 10 am Mat Yoga - H 10:30 am Chair Yoga - ENON 10:30 am Mystery Mayhem - HWL - 10am	18 OPEN HOUSE 2-3PM Podiatrist - H* - 9:00am - 12pm Low Impact Aerobics - LEG 8:30 am-10:15 am Bridge - HWL - 10am History - HWL - 7pm	19 Market Basket W*10 am Audiology - W* - 12pm Cribbage - HWL 10am - 12 Walking Time - HWR - 12:30 Stretch, Strength & Balance Regina - W- 12:30-1:30pm	20 Gentle Joints H 10-11am Low Impact Aerobics - LEG 8:30 am-10:15 am Zumba Gold - 9am- HWR Bingo - ENON - 2:00 pm Bridge - HWL 1:30pm - 4pm
23 NS MALL - W - 10 AM Low Impact Aerobics - LEG 8:30 am-10:15 am SHINE - W - 9am - 11am Arm Chr Yoga - H 11am -12p Knitting - HWL 12 pm - 2 pm Bridge - W - 6:30 - 8:30 pm	24 Mat Yoga - H 10:30 -11:15am Chair Yoga - ENON - 10:30 am Literary Lunch - HWL - 11:30am Managing Your Health - W 1:30 - 2:30PM/ <i>Regina Baker</i>	25 CHRISTMAS HOLIDAY		27 Gentle Joints - H 10-11am Low Impact Aerobics - LEG 8:30 am-10:15 am Zumba Gold - 9am- HWR Bingo - ENON - 2:00 pm Bridge - HWL 1:30pm - 4pm
30 Low Impact Aerobics - LEG - 8:30 am-10:15 am Arm Chr Yoga - H 11am -12p Knitting - HWL 12 pm - 2 pm Bridge - W 6:30 pm - 8:30 pm	31 Mat Yoga - H 10:30 am Chair Yoga - ENON 10:30 am Movie - <i>Trading Places</i> - 10 am			SATURDAY COFFEE HOUR DECEMBER 14TH & 27TH ENTERTAINMENT OF SOME KIND WILL BE PROVIDED

Wenham COA
10 School Street
Wenham, MA 01984

NON-PROFIT
ORGANIZATION
U.S. Postage Paid Bulk
Permit No. 111
WENHAM, MA 01984



Tracy Valenti and her French Chef entourage serving lunch and educating us on Essex Park and Peabody Glen

Deliver to addressee or current resident

"Everybody can be great because everybody can serve." Dr. Martin Luther King

Wenham Board:

Chairman - Lucy Frederiksen
Roseann Brozenske - Vice Chair
Juliana Dodge - Secretary
Peggy Gauthier
Diana Lang

Friends of Wenham COA

Trudy Reid - President
Tom Tanous - Vice President
Bob Wilkes - Treasurer



Thursdays - Stretch, Strength & Balance



Barbara K. Lawrence - Saturday coffee hour

Wishing you the gifts of the season — Peace, Joy, Hope

Cranberry Nut Bread (Silver Palate Cookbook by Sheila Lukins, pg.250)

2 cups of all purpose flour	2 eggs, beaten
1/2 cup of granulated sugar	3 tbsp. sweet butter melted
1 tbsp. of baking powder	1/2 cup shelled walnuts, coarse chopped
1/2 teaspoon salt	1 1/4 cup of cranberries
2/3 cup of orange juice	2 teaspoons Grated orange rind

1. Preheat oven to 350F
Grease small loaf pans
2. Stir flour, sugar, baking powder and salt in bowl
3. Make a well in middle and pour in orange juice, eggs, melted butter.
Mix and fold in walnuts, cranberries and orange rind
4. Pour batter into small loaf pans & bake 45 - 50 mins knife inserted comes out clean.
5. Cool in pan 10 minutes then remove and wrap and freeze or save to give away during the holidays: Delicious!

DOUBLE AND BAKE IN SMALL LOAVES